In the Claims

Claims 1-12. (Canceled)

13. (New) A construction material comprising:

a sheet of flexible material having a longitudinal dimension and discontinuous slits in spaced-apart lines parallel to each other and transverse to the longitudinal dimension;

the sheet longitudinally expanded to form cells in the sheet; and

a hardened mixture of sand and tar, coated with sand particles, disposed in each of the cells.

- 14. (New) The construction material of claim 13, wherein the sheet is fashioned of cardboard.
- 15. (New) The construction material of claim 13, wherein the sheet is fashioned of plastic.

16. (New) The construction material of claim 13, wherein the sheet is fashioned of metal foil.

17. (New) A method comprising steps of:

providing a sheet of flexible material having a longitudinal dimension and discontinuous slits in spaced-apart lines parallel to each other and transverse to the longitudinal dimension;

expanding the sheet longitudinally to form cells in the sheet;

providing a mixture of sand and melted tar;

filling each of the cells with the mixture;

coating the mixture in each of the cells with sand particles; and

hardening the mixture disposed in each of the cells producing a hardened layer of construction material in which the mixture disposed in each of the cells is hardened and coated with sand particles.

18. (New) The method of claim 17, wherein the sheet is fashioned of cardboard.

- 19. (New) The method of claim 17, wherein the sheet is fashioned of plastic.
- 20. (New) The method of claim 17, wherein the sheet is fashioned of metal foil.

21. (New) A method of protecting and insulating a roof from external influences comprising steps of:

providing a sheet of flexible material having a longitudinal dimension and discontinuous slits in spaced-apart lines parallel to each other and transverse to the longitudinal dimension;

expanding the sheet longitudinally to form cells in the sheet;

providing a mixture of sand and melted tar;

filling each of the cells with the mixture;

coating the mixture in each of the cells with sand particles;

hardening the mixture disposed in each of the cells producing a hardened layer of construction material in which the mixture disposed in each of the cells is hardened and coated with sand particles; and

applying the hardened layer of construction material to a roof.

- 22. (New) The method of claim 21, wherein the sheet is fashioned of cardboard.
- 23. (New) The method of claim 21, wherein the sheet is fashioned of plastic.
- 24. (New) The method of claim 21, wherein the sheet is fashioned of metal foil.

25. (New) A method of protecting and insulating a roof from external influences comprising steps of:

providing a sheet of flexible material having a longitudinal dimension and discontinuous slits in spaced-apart lines parallel to each other and transverse to the longitudinal dimension;

expanding the sheet longitudinally to form cells in the sheet;

laying the sheet onto a roof;

providing a mixture of sand and melted tar; and

filling each of the cells with the mixture.

26. (New) The method of claim 25, further comprising the step of coating the mixture in each of the cells with sand particles.

- 27. (New) The method of claim 26, further comprising the step of hardening the mixture disposed in each of the cells, in which the mixture disposed in each of the cells is hardened and coated with sand particles.
- 28. (New) The method of claim 25, wherein the sheet is fashioned of cardboard.
- 29. (New) The method of claim 25, wherein the sheet is fashioned of plastic.
- 30. (New) The method of claim 25, wherein the sheet is fashioned of metal foil.

31. (New) A construction material comprising:

a sheet of flexible material having a thickness of about 0.028 to 1.0 mm and discontinuous slits, separated by gaps and each having a length, in parallel lines which are spaced apart about 1 to 4 mm;

the length of each of the slits being about 1 to $2.5\ \mathrm{cm}$, and the gaps each having a length of about 2 to 6 mm;

the sheet expanded to form cells in the sheet; and

a hardened mixture of sand and tar disposed in each of the cells.

- 32. The construction material of claim 31, the hardened mixture in each of the cells coated with sand.
- 33. (New) The construction material of claim 31, wherein the sheet is fashioned of cardboard.

- 34. (New) The construction material of claim 31, wherein the sheet is fashioned of plastic.
- 35. (New) The construction material of claim 31, wherein the sheet is fashioned of metal foil.

36. (New) A method comprising steps of:

providing a sheet of flexible material having a thickness of about 0.028 to 1.0 mm and discontinuous slits, separated by gaps and each having a length, in parallel lines which are spaced apart about 1 to 4 mm;

the length of each of the slits being about 1 to 2.5 cm, and the gaps each having a length of about 2 to 6 mm;

expanding the sheet to form cells in the sheet;

providing a mixture of sand and melted tar;

filling each of the cells with the mixture; and

hardening the mixture disposed in each of the cells.

37. (New) The method of claim 36, further comprising coating the mixture in each of the cells with sand particles after the step of filling and before the step of hardening.

- 38. (New) The method of claim 36, wherein the sheet is fashioned of cardboard.
- 39. (New) The method of claim 36, wherein the sheet is fashioned of plastic.
- 40. (New) The method of claim 36, wherein the sheet is fashioned of metal foil.

41. (New) A method of protecting and insulating a roof from external influences comprising steps of:

providing a sheet of flexible material having a thickness of about 0.028 to 1.0 mm and discontinuous slits, separated by gaps and each having a length, in parallel lines which are spaced apart about 1 to 4 mm;

the length of each of the slits being about 1 to $2.5\ \mathrm{cm}$, and the gaps each having a length of about 2 to 6 mm;

expanding the sheet to form cells in the sheet;

providing a mixture of sand and melted tar;

filling each of the cells with the mixture;

coating the mixture in each of the cells with sand particles;

hardening the mixture disposed in each of the cells producing a hardened layer of construction material in which the mixture disposed in each of the

cells is hardened and coated with sand particles; and

applying the hardened layer of construction material to a roof.

- 42. (New) The method of claim 41, wherein the sheet is fashioned of cardboard.
- 43. (New) The method of claim 41, wherein the sheet is fashioned of plastic.
- 44. (New) The method of claim 41, wherein the sheet is fashioned of metal foil.

45. (New) A method of protecting and insulating a roof from external influences comprising steps of:

providing a sheet of flexible material having a thickness of about 0.028 to 1.0 mm and discontinuous slits, separated by gaps and each having a length, in parallel lines which are spaced apart about 1 to 4 mm;

the length of each of the slits being about 1 to $2.5\ \mathrm{cm}$, and the gaps each having a length of about 2 to 6 mm;

expanding the sheet to form cells in the sheet;

laying the sheet onto a roof;

providing a mixture of sand and melted tar; and

filling each of the cells with the mixture.

46. (New) The method of claim 45, further comprising the step of coating the mixture in each of the cells with sand particles.

- 47. (New) The method of claim 46, further comprising the step of hardening the mixture disposed in each of the cells, in which the mixture disposed in each of the cells is hardened and coated with sand particles.
- 48. (New) The method of claim 45, wherein the sheet is fashioned of cardboard.
- 49. (New) The method of claim 45, wherein the sheet is fashioned of plastic.
- 50. (New) The method of claim 45, wherein the sheet is fashioned of metal foil.

51. (New) Apparatus comprising:

in spaced-apart parallel lines;

the sheet expanded to form an expanded metal net;

construction material having an interior structure comprised of the expanded metal net.

- 52. (New) Apparatus of claim 51, wherein the flexible metal sheet has a thickness of about 0.028 to 1.0 mm.
- 53. (New) Apparatus of claim 51, wherein the parallel lines are spaced apart about 1 to 4 mm.
- 54. (New) Apparatus of claim 51, wherein the discontinuous slits each have a length of about 1 to 2.5 cm.

- 55. (New) Apparatus of claim 51, wherein the slits are separated by gaps each having a length of about are separated by gaps and each having a length of about 2 to 6 mm.
- 56. (New) Apparatus of claim 51, wherein the construction material comprises brick material.
- 57. (New) Apparatus of claim 51, wherein the construction material comprises tile material.
- 58. (New) Apparatus of claim 51, wherein the construction material comprises wall board material.
- 59. (New) Apparatus of claim 51, wherein the construction material comprises perlite.

60. (New) A method comprising steps of:

providing a flexible metal sheet having
discontinuous slits in spaced-apart parallel lines;

expanding the sheet to form an expanded metal net;

forming a construction material with the expanded metal net as the interior structure thereof.

- 61. (New) The method of claim 60, wherein the flexible metal sheet has a thickness of about 0.028 to 1.0 mm.
- 62. (New) The method of claim 60, wherein the parallel lines are spaced apart about 1 to 4 mm.
- 63. (New) The method of claim 60, wherein the discontinuous slits each have a length of about 1 to 2.5 cm.

- 64. (New) The method of claim 60, wherein the slits are separated by gaps each having a length of about are separated by gaps and each having a length of about 2 to 6 mm.
- 65. (New) The method of claim 60, wherein the construction material comprises a brick.
- 66. (New) The method of claim 60, wherein the construction material comprises a tile.
- 67. (New) The method of claim 60, wherein the construction material comprises a wall board.
- 68. (New) The method of claim 60, wherein the construction material comprises a construction briquette.